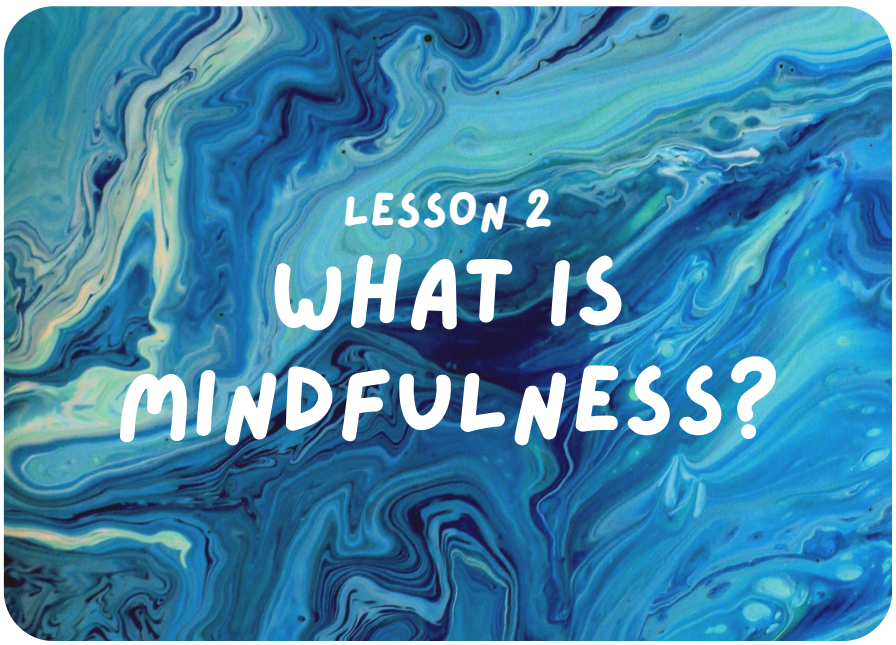
MINDFUL EDGE

1. WHAT IS STRESS?

3. HOW TO PRACTICE MINDFULNESS?

4. WHAT IS THE NEUROSCIENCE OF MINDFULNESS?



5. HOW DO THOUGHTS IMPACT EXPERIENCE?

6. HOW DO EMOTIONS IMPACT EXPERIENCE?

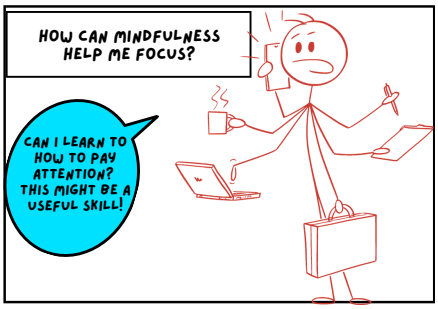
7. HOW TO BEFRIEND STRONG EMOTIONS?

8. WHAT IS THE SCIENCE OF HAPPINESS?

My Mindful Journey Reflective Journal
Mindful Edge Interactive™
Skill for Being with the Ups and Downs of Life
(Stress Management and Life Strategies for Youth)
for use with MindfulEdge.ca interactive website for Youth

Curriculum Authors: Heidi Bornstein | Stephen Chadwick | Naomi Nurgitz | Natalia Fister
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WHAT IS MINDFULNESS?





LEARN

Mindfulness is ***paying attention*** *to your life in the* ***here and now,*** *with* ***kindness*** *and* ***curiosity*** *and* ***responding wisely.***
~ Amy Saltzman, M.D.

UNDERSTAND

Mindfulness is about Relationships and Connecting...

To Yourself

To Your Community

To The World

Key Points About Mindfulness

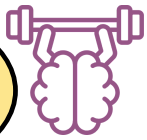
The benefits of mindfulness:

- reduced stress and anxiety
- improved focus, attention, better emotional regulation
- increased self-awareness.
- supports positive health and well-being



WHAT DOES WELL-BEING MEAN TO ME?
WHAT BENEFITS WOULD I LIKE?
COMPLETE REFLECTION QUESTIONS

Building the Muscle of Attention

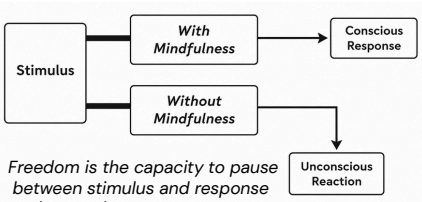


Attention is like a muscle.
Just like you go to a gym to build muscles, practicing mindfulness builds the mucle of attention.

HAVE YOU EVER DONE SOMETHING THAT YOU LATER REGRETTED?

HAVE YOU EVER SAID SOMETHING THAT YOU WISH YOU COULD TAKE BACK?

With or Without Mindfulness

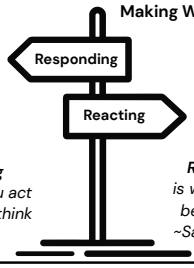


Freedom is the capacity to pause between stimulus and response to better choose our response.
~ Rollo May

Responding Vs Reacting

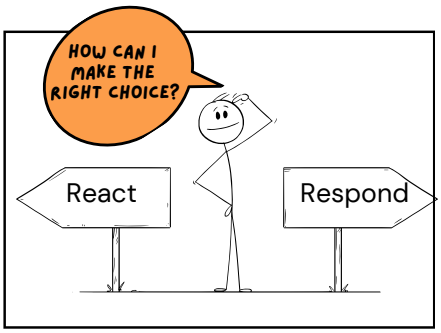
LEARN

Making Wise Choices

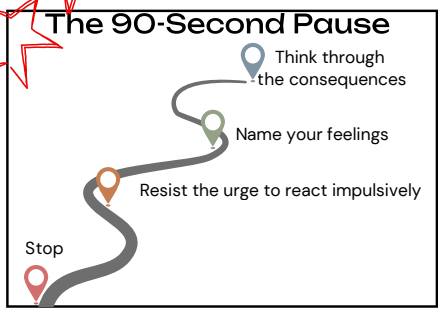


Reacting *is when you act before you think*

Responding *is when you think before you act*
~Sam Himelstein



The 90-Second Pause



PRACTICE

S top!
T ake a breath
O bserve
P erspective
P roceed

Stop!
Just pause for a moment and observe:

- *How is the situation affecting you?*
- *What thoughts are going through your mind?*
- *What emotions are you experiencing?*
- *What sensations are you feeling in your body?*

Visualize a positive outcome!

Lesson 2: What is Mindfulness?

WHAT DOES WELL-BEING AND MINDFULNESS MEAN TO ME?



Mindfulness is a skill that can help us boost our ability to:

- Focus attention
- Manage stress
- Make healthy decisions
- Cultivate happiness & well-being through kindness, appreciation & gratitude
- Foster relationships and connection with self and others
- Develop Mindful Leadership skills

❖ ***What does well-being mean to me?***

❖ ***What does mindfulness mean to me?***

WHAT IS MINDFUL LEADERSHIP?



1. Awareness — Know Yourself
Noticing your thoughts, feelings, body signals and reactions. Discovering what helps you feel grounded and recognizing when stress is affecting your choices.

2. Attention — Be Present
Learning to bring your attention back to what matters. Practising listening, focusing and being fully present with yourself and others.





3. Intention — Choose How You Want to Show Up
Thinking about your values and the kind of person you want to be. Exploring how kindness, respect, courage, empathy and curiosity can guide your choices.

4. Action — Make a Difference
Putting your learning into practice. Communicating thoughtfully, working through challenges, supporting your peers and contributing to a more welcoming, inclusive school or community.





MINDFUL SPEAKING AND LISTENING





❖ ***Do you feel that you are a good listener? Why or why not?***

HOW MINDFUL ARE YOU? QUIZ

Below is a collection of statements about your everyday experiences.
Using the 1-5 scale below, please indicate how frequently or infrequently you currently have each experience.
Please answer according to what really reflects your experience rather than what you think your experience should be and treat each item separately from every other item.

Almost Always	Frequently	Somewhat	Infrequently	Almost Never
1	2	3	4	5

Statement	Score
1. I could be experiencing some emotion and not be conscious of it until sometime later.	
2. I tend to walk quickly to get to where I am going without paying attention to what I experience along the way.	
3. I tend not to notice feelings of physical tension or discomfort until they really grab my attention.	
4. I forget a person's name almost as soon as I have been told it for the first time.	
5. I rush through activities without being really attentive to them.	
6. I get so focused on the goal that I want to achieve that I lose touch with what I am doing right now.	
7. I find myself listening to someone with one ear while doing something else at the same time.	
8. I find myself preoccupied with the future or the past.	
9. I find myself doing things without paying attention.	
10. I snack without being aware that I am eating.	

The scale measures your "dispositional mindfulness", which is your everyday tendency to be attentive and aware of the present moment.

How to Score the Quiz

Interpreting the assessment requires just a few basic steps:
Calculate the Average: Add up your scores for all 10 questions.
Divide by 10: Divide that total by 10 to find your mean/average score.

Understanding Your Results

Your final score will always fall between 1 and 5. Because the questionnaire is framed around unmindful behaviors (e.g., " I find myself doing things without paying attention"), higher scores actually indicate higher levels of everyday mindfulness.

(adapted from the MAAS Mindful Attention Awareness Scale (MAAS)—a common tool in psychology created by researchers Kirk Warren Brown and Richard Ryan

STOPP PRACTICE ACTIVITY - REACTING VS RESPONDING

There may be times throughout the day when you are unaware of what's happening inside you.

1. ***Journal about a time when you reacted unwisely to a situation:***

2. ***Now, remembering the situation, visualize going through the steps of the STOPP practice***



Stop! Just Pause for a moment.
Take a breath. Notice your breathing... in and out.
Observe what is happening inside and around you:
• How is the situation affecting you?
• What thoughts are going through your mind
• What emotions are you experiencing?
• What sensations are you feeling in your body?
Perspective: What is the bigger picture?
Proceed with awareness: You have a choice.
• What is the best option now for you and others?
Visualize a positive outcome ☺️

Mindful Awareness creates space, providing the opportunity to respond wisely.

3. ***How might the outcome of the situation have changed, based on this practice?***

LESSON 2 EVALUATION: WHY BE MINDFUL?

❖ ***Which idea(s) and practices from the Why be Mindful? lesson did you find supportive/helpful/interesting that you might try and incorporate into your daily life?***

Lesson Components	
Arriving	5 Senses ☐
Check-in	Mind-Body ☐
Breathing	Finding Your Anchor ☐
Focus	STOPP Practice ☐ Mindful Eating ☐
Movement	Circle of Joy ☐
Mindfulness Information	• The Relevance of Mindfulness ☐ • What is Mindfulness? ☐ • Mindfulness and Connection ☐ • Benefits of Mindfulness ☐ • Mindfulness and Meditation ☐ • How Mindfulness Impacts Experience ☐
Life Strategies	• Mindful Attitudes - Non-judgment & Beginner's Mind ☐ • Healthy Habits - Reflect & Focus ☐ • Present Moment Awareness ☐

❖***Please list 1 - 3 things you might try to incorporate into your daily life.***

Closing Reflection - Complete this sentence:
"Learning how to understand that mindfulness is an approach to life that I can practice... One thing I want to remember is..."
